

## Apple Jack

18 count, 4 wall, beginner level

Choreographer: Unknown

Choreographed to: "Apple Jack" by Dolly Parton

"Fresh Coat Of Paint" by Lee Roy Parnell

"Help, I'm White And I Can't Get Down" by Geezinslaws

"Some Kinda Good Kinda Hold On Me" by Toby Keith

"Redneck Girl" by Kentucky Headhunters

16 count intro from heavy beat

### Part 1 Apple Jacks (L-R-L-L-R-R-L-R)

**Swivel Left, Center**

**Weight = Left Heel, Right Toes**

- 1 Swivel left toes to left and right heel to left (feet are in v position with toes pointed out)  
& Swivel left toes back to center and right heel back to center (transfer weight)

**Swivel Left, Center**

**Weight = Left Toes, Right Heel**

- 2 Swivel right toes to right and left heel to right (feet are in v position with toes pointed out)  
& Swivel right toes back to center and left heel back to center (transfer weight)

**Swivel Left, Center Twice**

**Weight = Left Heel, Right Toes**

- 3 Swivel left toes to left and right heel to left (feet are in v position with toes pointed out)  
& Swivel left toes back to center and right heel back to center (transfer weight)  
4 Swivel left toes to left and right heel to left (feet are in v position with toes pointed out)  
& Swivel left toes back to center and right heel back to center (transfer weight)

**Swivel Left, Center Twice**

**Weight = Left Toes, Right Heel**

- 5 Swivel right toes to right and left heel to right (feet are in v position with toes pointed out)  
& Swivel right toes back to center and left heel back to center (transfer weight)  
6 Swivel right toes to right and left heel to right (feet are in v position with toes pointed out)  
& Swivel right toes back to center and left heel back to center (transfer weight)

**Swivel Left, Center**

**Weight = Left Heel, Right Toes**

- 7 Swivel left toes to left and right heel to left (feet are in v position with toes pointed out)  
& Swivel left toes back to center and right heel back to center (transfer weight)

**Swivel Left, Center**

**Weight = Left Toes, Right Heel**

- 8 Swivel right toes to right and left heel to right (feet are in v position with toes pointed out)  
& Swivel right toes back to center and left heel back to center (transfer weight)

### Part 2 Heel, Toe, Step Turning 1/4 Right, Touch Side, Cross, Touch Side, Cross, Back, Close, Jump

- 1-2 Right heel touch forward; right toe touch back  
3-4 Right step forward into 1/4 turn right; left touch side left  
5-6 Left cross-step over right; right touch side right  
7-8 Right cross-step over left; left step back  
9-10 Right step next to left; jump forward with both feet (end with feet shoulder width apart)

### Repeat

Quelle:

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